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## Early English Recipes—Development of the Text Type<sup>1</sup>

### Abstract

The proposed paper is the outcome of a research project dealing with a comparison of the culinary and medical recipes at various stages in their development. The main aim of the present study is to concentrate on the major text type features as found in the two types of the recipe. Our preliminary studies have shown that some of these features are common in only one type of instruction, being hardly noticeable in the other. The results will show the differences but also the degree of overlapping between the most prominent text type features of culinary and medical recipes produced in Middle and Early Modern English.

*Keywords:* recipe, culinary, medical, text-type, Middle English, Early Modern English.

### 1. Introduction

The recipe as a text type has followed a certain formula from the earliest stages in its development, even though the name for these instructional texts was not fixed from the very beginning: in the Old English period such terms as *leeching*, *leechdom*, or *leechcraft* were used with reference to the medical recipe<sup>2</sup>, in Middle English they were replaced with *receipt* when talking either of the medical or culinary instructions, to be finally replaced by *recipe* (for details see Bator and Sylwanowicz 2015-16). The changes which affected the recipe did not affect exclusively the terminology but, more importantly, the structure and the form of the text type.

The present paper deals with the development of the two types of instructions from the medieval period, when the first culinary recipes written in English appeared, until the end of the 17<sup>th</sup> century, when the two became relatively standardised. The two types of instructions from the Middle and Early Modern

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2 The earliest culinary recipes appeared only in the 14<sup>th</sup> century.

English periods will be analysed with reference to the major typological features: (i) form of the heading, (ii) ellipsis in sentences, (iii) form of verbs, (iv) use of possessive pronouns, (v) object omission, (vi) temporal sequence, (vii) lack of complex sentences, and (viii) lack of quantifications. The results will be juxtaposed in order to illustrate the differences between the culinary and medical material from the two periods.

## 2. Corpus material

The culinary corpus compiled for the present study consists of two parts: the Medieval and the Early Modern English. The former is based on a selection of 1379 recipes from the 14<sup>th</sup> and 15<sup>th</sup> centuries. The latter comes from eight culinary collections, published between 1557 and 1683. Due to the fact that the Early Modern collections were more of household manuals than cookbooks, each collection was carefully scanned to select purely culinary recipes, excluding other household instructions, such as medical or general texts telling the reader how to get rid of certain stains or how to prepare ink, etc. Altogether 1274 Early Modern English recipes have been extracted. A list of all the selected collections is presented in the Appendix (see the end of this paper).

The medical material consists of the recipes found in two large corpora: *Middle English Medical Texts* (MEMT) and *Early Modern English Medical Texts* (EMEMT). The first is a collection of texts composed between 1375 and 1500. The editors of the corpus divided the material into three main categories: (1) surgical texts, (2) specialised texts and (3) remedies and *materia medica* (Taavitsainen-Pahta-Mäkinen 2005). The first two collections include texts representing the learned tradition of writing, whereas the third one represents the earliest phase of vernacular medicine, often regarded as an example of less learned tradition of writing. Apart from the major categories of texts, the MEMT corpus includes also two collections (*First corpus compendium* and *Second corpus compendium*) written in the first half of the 14th century, which are included in the Appendix section to the MEMT corpus. These texts also represent the remedy book tradition. In the present study only the recipes extracted from the category Remedies and *materia medica*, and the Appendix to MEMT will be examined. This is due to the fact that the culinary material, with which the medical recipes will be compared, represents a non-learned register.

The second part of the medical corpus (EMEMT) includes works that were published between 1500 and 1700. The corpus is also divided into categories that include texts representing various medical genres, e.g.: theoretical treatises, surgical texts, regimens of health, medical journals or recipe collections and *materia medica*. The proposed study focuses on the last group of texts, i.e. recipes and *materia medica*. According to the editors of EMEMT, the texts included in this group contain little or no diagnostic or theoretical material and focus mainly on the preparation of remedies and the properties of various therapeutic substances.

Altogether the material consists of 3220 medical, and 2666 culinary recipes. The number of recipes and the total number of words for the particular periods is shown in Table 1. Due to the fact that there is some disproportion between the material found in the medical and culinary writings, whenever the data derived from the two collections will be compared, next to the absolute number of occurrences of the analysed examples, relative frequencies normalised to 1,000 words (RNF) will be given.

Table 1. The size of the corpus.

	medical		culinary	
	No of recipes	No of words	No of recipes	No of words
<b>ME</b>	1,487	109,573	1,379	107,473
<b>EModE</b>	1,733	187,640	1,287	162,294

### 3. The typology of recipes

The examination of the material will be based on the observation and comparison of the typical typological recipe features (see for instance Görlach 1992, Carroll 1999, Marqués-Aguado 2014, Cruz-Cabanillas 2017a): (a) form of the heading, (b) degree of ellipsis in sentences, (c) form of verbs, (d) use of possessive pronouns, (e) object omission, (f) temporal sequence, (g) lack of complex sentences, and (i) lack of quantifications. Whenever possible, each section will start with a brief account of the available research on a given text-type feature, and will be followed by a comparative analysis of the material.

#### 3.1 Form of the heading

The heading is an element of the recipe which informs the reader about the content of the text to follow. In various publications this part of the recipe is given different labels, e.g. ‘purpose’ (Stannard 1982, Mäkinen 2004), ‘rubric and indication’ (Hunt 1990), ‘title’ (Görlach 1992, Taavitsainen 2001, Alonso-Almeida 2013).<sup>3</sup> In the present study the terminology adopted by Bator (2016) and Bator and Sylwanowicz (2017a) will be followed, i.e., ‘the heading’ (which is a general label) may consist of ‘the title’ and/or ‘the statement of purpose’.

The recipes selected for the present study vary in the form of the heading: some of them include a clear statement of purpose, others include only the name of the medicament or dish, i.e. the title; only a few recipes are composed of both these elements.

The study has shown that the heading is a common element of Middle and Early Modern English medical and culinary recipes (see Table 2). The examples which lack the heading, present mostly in the medical corpus (17% of ME and 5% of EModE medical recipes), are instructions for alternative preparations for a problem already described and labelled with a heading preceding the first recipe in a row, see examples under (1a-b). In the culinary instructions the heading was omitted only sporadically, in the earliest of the collections (14<sup>th</sup> c.), see example (1c). In the Early Modern English culinary material, only seven recipes lacked the proper heading (i.e. less than 1% of the recipes), which instead was incorporated into the procedure, as in (1d).

3 For more on the structure of the heading see, e.g.: Bator and Sylwanowicz (2017a), Sylwanowicz (2017); and on the structure of recipes (in general): Eggins (1994), Alonso-Almeida (1998-99, 2013), Carroll (1999, 2004, 2005-06), Grund (2003), Alonso-Almeida (2013), Marttila (2014), Bator (2017a, forthc.), Cruz-Cabanillas (2017a, b), Bator and Sylwanowicz (forthc.), Sylwanowicz (forthc.).

Table 2. The number of headings in the analysed medical and culinary texts.

	medical		culinary	
	[+ heading]	[— heading]	[+ heading]	[— heading]
<b>ME</b>	83%	17%	99%	1%
<b>EModE</b>	95%	5%	99.5%	0.5%

(1a)

For colica passio and ilica passio.  
Take salte and hete it in a cherd and put it al hote  
in a bagge and plaister it þer as þe ache ys, and ofte tymes  
renewyt.

Or elys take otys and parche hem and do hem in a  
bagge and a[{}] hote ley hem þer as þe ache ys.

Or take louache and sede off caraway and sede of anyse  
and vse moch to ete yt, for [{}] voydyth wyndis principally.

(MEMT, John of Burgundy, *Practica Phisicalia*)

(1b)

Pills of excellent vertue to purge all Phlegmatick Feavers or Agues.  
TAKE Agarick, Aloes, Acorus, Turbith, ana i +Q Efula di. Coloquintida i. graine salt Gem Mastick,  
(...).  
Item, Rubarbe ij +Q, Spiknard dj. +Q, Diagridij, Mastic ana i +Q, mixe these (...).

(EMEMT, Owen Wood, *Alphabetical book*)

(1c)

Nou greyþe we ioute dore, of moni muchel ywylned. Þe clene bete & sclarie hokke, iboilled & wel  
ihakked, in an crouhhe, clene ywashen. Hakke ioutes gentil & verre; do to zeoþen over þe fure. Grece  
of pork hakke, saffron & peopur greyþe; & so hit doth away vche goute in þe wombee ouwher þe  
stomak hath harm. Al hot þat schal beo clene & cler, hwareuore þe goute hit doth awy.

(Diversa Cibaria)

(1d)

If you will boyl Chickens, young Turkeys, Pea-hens, or House fowl daintily you shall after you have  
trimmed them, drawn them, trust them, and washt them, fill their bellies full of parsley as they can  
hold; then boyl them with salt and water only till they be enough; (...)

(The English Housewife)

The data reveal also that in the later medical collections (EModE) hardly any recipe lacks the heading. Thus, it seems that this part of the instruction has become an obligatory element of the analysed text type.

The internal structure of the heading consists either of the title or the statement of purpose (only 5% of the medical and 1% of the culinary medieval recipes contain both these elements; and in the later period it is 6% and 1%, respectively). The former are names of the medical preparations or dishes. They usually consist of a noun or a noun phrase, see examples under (2a-b).

## (2a) medical recipes:

Unguentum albumum

Gratia Dei

Ache of hede

(MEMT, various  
collections)

A medicine for bone-ache

Doctor Stephens Sovereign Water

A rare way to cure a green wound.

(EMEMT, various  
collections)

## (2b) culinary recipes:

Furmenty with veneson

Tartes of flessh

Salt Ele in browet

(ME, various collections)

Fine bread

Master Rudstones Posset

Chauldron for a Swan

(EModE, various  
collections)

The latter heading component, i.e. the statement of purpose, usually consists of prepositional phrases, infinitives or clauses; however, it might also be expressed with a noun phrase, see examples under (3a-b). In the medical collections, the statement of purpose specifies the medical problem to be cured, sometimes the name of the medicament is also given. In the culinary material, this component informs about the way of cooking, the origin of a dish, the way of serving or the ingredients to be used (see examples).

## (3a) medical recipes:

For þe stomake þat ys cold and  
flewmatyke

To make poppylyan

An oynement for þe crampe

For gomes þat bien fulle of blode

(MEMT, various  
collections)

## (3b) culinary recipes:

Flawnes for Lentyn

For a pecokke in hatour

To make potage of ostyrs

Cawdale þat is part of Blawmaunger

(ME, various collections)

For the Feaver Quartan	To make a Haggas of Almain
To stanch the bleeding of a Wound	How to seeth a Carpe
An excellent SIRRUP to purge	For Pyes of Mutton or Beefe
A proved Medicine for any one that have an Ague.	To make beef like red Deer to be eaten cold
(EMEMT, various collections)	(EModE, various collections)

The frequency of occurrence of the particular heading components (the title, the statement of purpose or both) in the analysed recipes is shown in Table 3. The results reveal that there are some differences in the choice of the type of the heading between the medical and the culinary material, especially in the recipes produced in the Middle English period (see also Bator and Sylwanowicz 2017a). In the former, it is the statement of purpose that prevails and this tendency is continued in the 16<sup>th</sup>—and 17<sup>th</sup>-century recipes. If we consider the fact that medical recipes had to serve as a quick reference for anyone looking for a remedy, it is of no surprise that statements of purpose are the prevalent element.

Table 3. The frequency of occurrence of the particular heading components in the analysed material.

	medical			culinary		
	st. of purpose	title	both	st. of purpose	title	both
<b>ME</b>	80%	15%	5%	20%	79%	1%
<b>EModE</b>	83%	11%	6%	83%	13%	1%

As regards the culinary recipes, in the medieval writings it is the title that dominates, whereas in the later collections the statement of purpose prevails, just as in the medical material. In case of 3% of the Early Modern English culinary headings, such as e.g., *Another way*, it was difficult to classify them into either of the groups. Hence, they are not included in the present study, nor in the Table above. The shift in the culinary material, from titles to statements of purpose may be connected with the change of the intended audience. In the medieval period cooking instructions were written for professional chefs, whose knowledge was sufficient to know the names of dishes and recipes functioned rather as memory aids than real instructions<sup>4</sup>; whereas in the later period the majority of the culinary collections were also (if not mostly) aimed at inexperienced, amateur cooks for whom knowing the purpose of a particular recipe was more useful than the name of the dish (see also Bator 2016).

### 3.2 Ellipsis in sentences

Ellipsis is a technique whose relationship with other parts of the text makes the reader look back into the text to find the relevant expression (Alonso Almeida 1998: 170). In the examined material ellipsis is found (a) in the headings of the recipes, as well as (b) in the main body of the recipes. The former applies mostly to the medical collections, especially if there are more than one recipe for the same medical problem listed in a sequence, see examples under (4a-b). In the culinary database, ellipsis within the

4 See for instance Hammond ([1993] 2005), Scully (1995), or Brears (2008).

heading occurs sporadically and in case of the medieval material it does not refer to the previous recipe. For instance, the ellipsis in the recipe *Anoþur mete þat hatte fresse* refers to the instruction which is listed more than twenty recipes earlier. Examples under (4c) are headings which are listed in such a sequence within the collection, however, each of them refers to a different instruction, placed randomly in the collection. The Early Modern English cooking collections seem to be better organised, i.e., the ellipsis which occurs in the headings refers to the recipes which occur in their proximity, see (4d).

## (4a) ME medical recipes:

For costifnisse of wombe  
Anoþer. Tak laureole...

For the webbe in the eye.  
For the same. Take the fynte...

For nese-bledingge: Tack...  
Item: Tac and bren...  
(MEMT, various collections)

(4c) ME culinary recipes<sup>5</sup>:

Anoþour mete þat hatte amydon  
Anoþur mete þat hatte cresterole  
Anoþur mete þat hatte espyne  
Anoþur mete þat hatte rosee  
Anoþur mete þat hatte fresse  
(*Diversa Cibaria*)

Fritoures rounde  
Item, anoþer soteler fritore  
(*Gathering of ME Recipes\_Ashm.MS*)

## (4b) EModE medical recipes:

For sore eyes an oyntment proued  
Another for the same. Take rawe  
creme...

A medicine for the Collick.  
For the same. Take a faire flat stone  
and...

Burning or Scalding. TAKE Sallet oyle...  
Item, take the fat of Bacon  
(EMEMT, various collections)

(4d) EModE culinary recipes<sup>6</sup>:

To boyle a Capon in white broth  
An other to boyle a capon in white broth  
(*A Book of Cookrye*)

To make a Sack Posset  
Another Sack Posset  
(*The Compleat Cook*)

To make sweet water  
Another way  
(*The English Housewife*)

To hash Neates-Tongues  
The same vvith Chestnuts  
(*A Nevv Book of Cookerie*)

5 Headings presented in the same order as in the collections.

6 Headings presented in the same order as in the collections.

The latter cases of ellipsis, that is those which occur within the main body of the recipe, take a variety of forms. In the the medical recipes, the back references concern mostly (i) the ingredients, (ii) the preparation, and (iii) the quality of the ingredient or medicament, see examples under (5a). As regards the culinary material, the back references may be applied to (i) the ingredients, (ii) the preparation, (iii) the way of serving a dish, or (iv) the quality of the ingredients or of the dish, see examples under (5b). Sometimes the whole recipe takes the form of back reference, as in (6).

(5a) medical recipes:

- (i) (...) after I made a Salve **of the same Herbe**, (EMEMT, Richard Elkes, *Approved medicines*)  
(...) you may use the **plaister before mentioned**, (EMEMT, Abraham Miles, *Countrymans friend*)
- (ii) (...) afterward lay anoþer clowte þer on & flour **as þou dedest befor** to it (MEMT, Killeen medical texts)  
**After the same maner** may Extractions be made of almost all Compound Waters. (EMEMT, Nicholas Culpeper, *London dispensatory*)
- (iii) This oyl (...) will do the effects **before mentioned** (...) (EMEMT, Giambattista della Porta, *Natural magick*)  
(...) it hath **the same vertu** that the other baume hath, (MEMT, *Medical works*)

(5b) culinary recipes:

- (i) Then take a pottle of **the same water**, that the Pigge was boiled in (*A Nevv Book of Cookerie*)  
(...) saue the Liuer and the refuse of it, slit **the said refuse**, and wash it. (*A Nevv Book of Cookerie*)  
(...) and stuffe them with **the aforesaid pulp**; (*A Nevv Book of Cookerie*)  
(...) then temper your flower with **this sayd licuor**, (*A Proper Newe Booke of Cokerye*)
- (ii) (...) **as you would doe redde Deere**, and **season it so also**. (*A Nevv Book of Cookerie*)  
(...) and do **as before is shewed**. (*A Nevv Book of Cookerie*)  
(...) then set in the Oven **as for Manchet**, (*The Compleat Cook*)  
(...) do **as afore is spoken** of a Marchpane. (*The Treasurie of Commodious Conceits*)
- (iii) Lard it, and vse it **like the red Deere**. (*A Nevv Book of Cookerie*)  
Garnish your dish **as before is shewed**. (*A Nevv Book of Cookerie*)  
(...) when you serve it in, serve it with greene Fennell, **as you doe Sturgion** with Vinegar is Sacucers. (*The Compleat Cook*)  
(...) composition of them, and the serving of them, **differeth nothing from these already rehearsed**. (*The English Housewife*)  
(...) dish them **after the manner of Pease** (*The Whole Body of Cookery*)
- (iv) (...) and not make the Pickle so strong as for Cucumbers. (*The Compleat Cook*)  
(...) then take of the former herbs **much finer chops then they were for farcing** (*The English Housewife*)



(6)

To make a tarte of marigoldes prymroses or couslips.

Take the same stuffe to euery of them that you do to the tarte of borage and the same ceasonynge.

*(A Proper Newe Booke of Cokerye)*

To make a tarte of Cheryes.

Take all thynges that ye do for the Tarte of damsons so that ye put no Perys therto.

*(A Proper Newe Booke of Cokerye)*

### 3.3 Form of verbs

Recipes represent instructional writing, which is reflected in their structure. Following Tanskanen, Skaffari and Peikola (2009: 4), the instructive function of any text is encoded in three dimensions: (i) in the language, i.e., the linguistic features of the text, (ii) in the production, i.e., in the intention of the writer, and (iii) in the reception, i.e., in the readers' use of the text. In what follows, we shall concentrate on verbal structures found in the recipes, i.e., a feature which combines the first two dimensions of instructional writing. Forms of verbs used in any text not only illustrate some linguistic features but they also serve as "the producers' voice(s)" (2009: 5).

The most common verbal forms which appear in both types of recipes are imperatives, which significantly outnumber all the other structures. However, we should also distinguish passive forms, auxiliary and modal phrases, and infinitives, see Table 4 for the frequencies of the particular forms.

Table 4. Verb forms in the examined material<sup>7</sup> (relative frequencies normalised to 1,000 words).

	medical		culinary	
	ME	EMode	ME	EMode
<b>Imperative</b>	58.1	43.3	136.8	85.3
<b>Passive</b>	1.8	0.8	3.4	5.1
<b>Auxiliary/ Modal vb.</b>	1.9	1.5	2.7	7.1
<b>Infinitive</b>	0.8	0.2	1.3	3.8

The dominance of the imperative is in accordance with the instructional text type. Within this group we can distinguish the following structures: (i) V + Noun, (ii) V + Pronoun, and (iii) causative phrases with *let*, see (7a) and (7b) for the medical and culinary examples, respectively.

(7a)

**Take agoode quantitee of wormod & kitt it** on iij or iiij p~ties and **boile it** in the best wyne that you may haue a galon to a potell and then **sett it** downe and **let it kole** (...). (MEMT, *Leechbook 1*)

<sup>7</sup> Verb forms which occurred in the headings were not counted here, they were taken into account in section 3.1.

**Take an Apple** and **roste it**, and (...) **let the patient** eate it, (...). (EMEMT, John Partridge, *Widdowes treasure*)

(7b)

**Nym ote mele** & **bynd yt** in a fayr lynnyn clowt, & **lat yt honge** in þe pot so þat yt towche no3t þe bottym, (...) (*Diversa Servisa*)

(...) when it hath boyled a little, **put in your Oysters**, and **let them boyle** two or three walmes, but not too much. Then **take them vp**, and **let the sirrup stand** vntill it be cold (...) (*A Nevv Book of Cookerie*)

The other verbal structures are rare, however, a number of regularities can be observed. For instance, passive structures are usually found in time clauses (see examples (8a-b)), and thus they fit into the temporal sequence, that is a feature typical of recipes, which will be discussed in section 3.6. Additionally, passive forms are found in causative phrases with *let*, and such examples are more common in the Early Modern English recipes than in the earlier texts, see (9a-b).

(8a)

Take quinte foyle (...) and boyle hit (...) and **when hit is ry3t wel boyled** ... (MEMT, *Recipes 2*)  
Boyle all these together on a softe fyer, (...) **when it is boyled enoughe**, it wyl bee perfutely Redde. (EMEMT, Thomas Gale, *Antidotarie*)

(8b)

(...) and **whan it is I-dressid** in the maner of mortrewys, take red anys in comfyte, or þe leuys of borage, an sette hem on þe dysse, an serue for. (*Potage Dyvers*)

(...) do þat oþer panne a-boue þat oþer panne, **tyl it be y-baken y-now**; (*Bake Metis*)

And **when it is almost bakte** draw it out, and sticke it with Sinamon and Rosemary. (*A Nevv Book of Cookerie*)

(...) and keepe stirred once in a day **till they be sunk** within the Vinegar, be sure to keep close covered. (*The Compleat Cook*)

(9a)

(...) &~ **let be closed** wyþ acloof down

(...) and **let it be receuyd** þrow a clistre.

(MEMT, various collections)

(...) & **let them be infused** in a vessell

**Let all these be beaten** together and layed in

(...) and **let them be well strayned**

(...) and then **let it be distilled**

(...) and **let the vessel be well stopped**,  
(EMEMT, various collections)

(9b)  
(...) & **lat hem ben hardyd**;  
(...) but **late hit be colored** with saffron.  
(...) and **lete it be tryid** a-brode,  
(ME culinary collections)

**Let it be scumd** very cleane;  
(...) and **let them be kept** twelve houres betweene two Dishes  
(...) **let them be either fryed or broyled** on the Gridiron  
(...) and **let them be dryed and rub'd** very lean,  
(EModE culinary collections)

The next group of verb forms, i.e. auxiliary and modal verbs, vary in their distribution in the examined material. In the medical recipes they (especially *shall* forms) are mostly found in the final part of the recipe, i.e. in the statements assuring of the effectiveness of the prescribed remedy, see (10a). In the culinary collections, these verbs may occur anywhere within the preparation and they refer either to the cook's will (see 10b) or obligation (see 10c). These structures are more numerous in the later collections, in which the cook is given more freedom of choice. Modal verbs are also used in the passive form, as in (10d), and they usually express obligation.

(10a)  
(...) & it **sal** opyn þe wounde with.  
(...) and he **shal** sone hele.  
þe kankir **will** be dede with-in þe firste day, & þis **will** stop it if he be curabile  
(MEMT, various collections)

(...) and it **will** make him sound.  
(...) that **shall** stanch bleeding.  
(...) & it **shall** hele the heed & thyne eyes **shall** be bryghter euer after.  
(EMEMT, various collections)

(10b)  
**Yf ye will have** your past short and sopill that ye bake with, knede hit with good ale (*Gathering of ME Recipes\_SA*)

(...) you **may** also fry them. (*A Nevv Book of Cookerie*)  
(...) if you **will** have it white, put no thing in it after it is drawn, (*The Compleat Cook*)  
**You maye yf you will** hange in the Sirropp a little muske by a thred (*The Commonplace Book*)

(10c)  
(...) & when þu wylt dress it þu **mast kerve** it als long & als small as þu wylt. (Harley MS)  
(...) & ye thrudde perty **shal be** sugur (Laud MS)

- (...) but then you **must** put Marrow into your white broth. (*A Nevv Book of Cookerie*)  
 (...) you **must** first boyle your Pippins in Claret Wine and Sugar, (*A Nevv Book of Cookerie*)  
 (...) then you **must** roule it upon your hands (*The Compleat Cook*)

(10d)

They **schul ben fayre y-boylid** in fayre watere tyl þey ben y-now (*Potage Dyvers*)  
 (...) alemauns ifried **schulen beon idon** þryn, & þer **schal gret vlehs beon igrounden** (*Diversa Cibaria*)

- Prunes (...) **should be put** in when it is but half boyled, (*The English Housewife*)  
 (...) your Pan **must be heated** reasonably hot & wiped with a clean Cloth (*The Compleat Cook*)

Finally, the infinitival forms in the medical material are marginally represented, both in the Medieval and Early Modern English collections; and most of the examples are found in frequently repeated phrases such as, *give him/the sick to drink* (see example (11a), constituting about 80% of all the infinitives found in the analysed medical material. In the culinary corpus the earliest occurrences of the infinitive are similar to the medical material, i.e., they are quasi-fixed phrases, such as *do/make + Infinitive*, as in (11b). In the later collections, i.e., from the 15th century on, the infinitival clauses become more varied and more common, see (11c). In the Early Modern English collections there are almost three times as many infinitival phrases as in the medieval material. These structures are used mostly to justify certain steps in the procedure.

(11a)

- (...) for **it is gude to stawnche** þe festre.  
 (...) & **gyf hym to drynk** it wyth watre.  
 (...) **3ef þe seek to drinke**.  
 (...) **gyffe** it hir **to drynke**, for it is a souerayn medcyn.  
 (MEMT, various collections)

- (...) water of Sall gemme is good **to clense** the fylthe of a mannes eyes.  
 (...) put suger to them **to take away** the bytternesse.  
 (...) & **gyue** it to hym **to drynke**.  
 (...) **gyue** the pacynt therof **to drynke**.  
 (...) **giue** it the sicke **to drinke**.  
 (EMEMT, various collections)

(11b)

- Do hem to seeþ** in water and oile (*Forme of Cury*)  
 (...) & sopþen **do** þryn **to boillen** wiþ þe wyn; (*Diversa Cibaria*)  
 (...) and **do it** in a pot **for to seeþ**; (*Forme of Cury*)  
 (...) & þe oþur **do to grinden**. (*Diversa Cibaria*)  
 (...) **make hit** well **to meddlen**. (*Diversa Cibaria*)

(11c)

(...) an caste þer-to Saffroun **to make þe coloure bryth** (*Potage Dyvers*)(...) late hym ben stepid ij or iij owrys in clene Water **to soke out þe blode**, (*Leche Vyaundez*)Take a necke of mutton and a breste **to make** the brothe stronge, (*A Proper Newe Booke of Cokerye*)(...) when it is **to be eaten** sawce it with Uinegar. (*A Nevv Book of Cookerie*)(...) and put all in a Pipkin with Mace, Cloues, and a little Uergis **to make** them haue a taste. (*A Nevv Book of Cookerie*)

### 3.4 Use of possessive pronouns

The use of possessive pronouns is another distinctive feature of the text type (see Görlach 1992, 2004, Carroll 1999, Cruz-Cabanillas 2017). The study has revealed that 2<sup>nd</sup> and 3<sup>rd</sup> person possessive pronouns are present in both types of recipes (medical and culinary). They are, however, much more common in the latter material, both in the Middle and Early Modern English collections (see Figure 1).

On the one hand, the differences in the frequency might be the result of individual choices of the authors of the texts. For instance, the authors of medical recipes seem to concentrate more on the preparation and/or application of a medicament, rather than on the prospective user (a physician or patient) of these recipe collections. On the other hand, the presence or absence of possessive pronouns indicates the degree of formality of the text. Following Görlach (2004: 129-30), “in early texts, degree of formality can be expressed by use of *ø* / *your* vs. *thy*, the sg. form tends to be replaced more or less mechanically by *your* from 1500 onwards, so that *your* possibly becomes an indicator of informal, close-to-oral, reader-friendly style vs. use of *zero*”. The fact that the possessive pronouns found in the culinary texts outnumber those in the medical material proves that, even though the medical recipes were aimed at lay audience, the culinary instructions were much more informal than the medical ones.

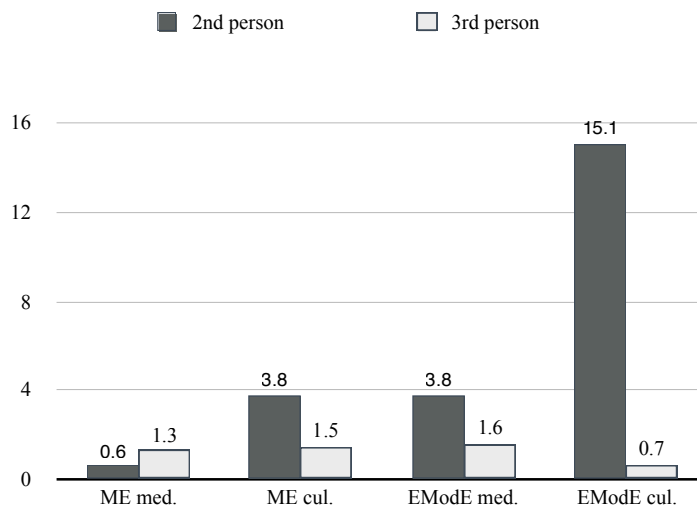


Figure 1. Possessive pronouns in ME and EModE medical and culinary recipes (relative frequencies normalised to 1,000 words).

In both types of recipes an increase in the use of possessive pronouns in the Early Modern English period can be observed. Additionally, the form of the pronouns changes. In the Middle English collections, both culinary and medical, the forms *þy* / *þin* dominate. Pronoun *your* has singular records in the 15<sup>th</sup> century medical material, and in the culinary collections it appears for the first time at the end of the 14<sup>th</sup> century and only a century later (1495) does it have more than single occurrences (although *þy* / *þin* still prevail), see examples under (12a) and (12b). The later period witnessed a shift towards the pronoun *your*. In the medical recipes it is still used interchangeably with the form *thy*, especially in the 16<sup>th</sup> century recipes, whereas in the 17<sup>th</sup> century material the form *your* prevails. As regards the culinary collections, the only documented form is *your*, see (12d). Moreover, the number of occurrences of the pronoun increases. This may account for a higher degree of intimacy between the author and the reader. In case of the culinary instructions, we may observe a shift in the target audience, from professional cook to an amateur (see for instance Hammond ([1993] 2005), Scully (1995), or Brears (2008)); whereas in the medical writings a clear-cut division between texts directed at lay and learned readers is introduced.<sup>8</sup> Therefore, as some studies have shown (Marttila 2011, Sylwanowicz 2013 and forthc.), there is a tendency for a more intimate attitude towards the reader, which is reflected in the use of the 2<sup>nd</sup> person possessive pronouns in the collections directed at lay audience.

(12a) ME medical recipes:

(...) & forst sethe scentory os 3e dyd befor fore **3ore** wife & drynk it (MEMT, *Crophill's books*)

(...) make **þin** encense, & **þy** mastik, & **þin** perosin on smal poudre in abrasen morter, and keste in to **þy** panne, (MEMT, *Recipes 2*)

(12b) ME culinary recipes:

14<sup>th</sup> c.:

(...) & loke þat þou make **þy past** with 3olkes of ayren 7 þat no water come þerto; and fourme **þy coffyn** and make vp **þy past**. (*Forme of Cury*)

(...) & do **þin eggys** þereon al ful, & kerf **þy chese** in lytyl schyuis (*Diversa Servisa*)

but loketh **3oure mold** be anoyntyd before wyth a litell oyle of almaundes. (*Goud Kokery*)

15<sup>th</sup> c.:

(...) sette it owt a-non in a clen bolle, an wete **þin bolle** in þe Syrippe, and caste **þin mete** þer-on; & whan þow dressist **þi mete**, leche it & caste **þin Syryppe** a-bouyn vppe-on, (*Potage Dyvers*)

(...) þan held out **þin grece**, & fulle **þi Pechir** of **þin farsure**, (*Leche Vyaundez*)

(...) & then make **your paste** with rawe creme & sugur, & rere hem & set hem in a hote place a3ens þe son, & couche **your stuff** in þe coffyn (*Gathering of ME Recipes\_eMus*)

8 Sylwanowicz's (2013) analysis of overt reference in the titles of EModE medical writings reveals that a group of learned readers consist mostly of experienced physicians or surgeons, apprentices, midwives, nurses or apothecaries. As regards the lay readers, they can be divided into the following groups: a curious reader (i.e. anyone interested in health care), a house-keeper, women and young girls, countrymen (i.e. not city dwellers), seamen and travellers, chimney sweepers and tobacconists. For more on the readers of medical works, see e.g., Jones (2011), Marttila (2011).

(12c) EModE medical recipes:

16<sup>th</sup> c.:

(...) then thou must annoint both thy handes and thy feet as **thou** sittest by the fire, and **thou** shalt be whole: this hath been proued. (EMEMT, Thomas Dawson, *Good huswifes iewell*)

(...) when as it begynne to refrigerate and waxe colde, putte to **your** other percelles made in fyne pouder and reserue it to **thy** vse. (EMEMT, Thomas Gale, *Antidotarie*)

17<sup>th</sup> c.:

**Your** sugar must be powdred, **your** spices brused onely, or grosselie beaten, **your** dates cut in long slices the stones taken awaie. (EMEMT, Hugh Plat, *Delightes for ladies*)

First beat an Almond in **your** Morter, then put therinto so much powder of Verdigrease as a Beane, then put in **your** Quicksilver (EMEMT, Owen Wood, *Alphabetical book*)

(12d) EModE culinary recipes:

Then take vp **your Capon**, and set **your Almonds** a little against the fire. Garnish **your Dish** as you thinke fit, and lay in **your Capon**, and put **your Rice** handsomely vpon the Capon, (*A Nevv Book of Cookerie*)

Take **your fair Quinces**, and core them with **your boring irons** or scoop; take the worst of **your Quinces**, and cut them to pieces, and boil **your core** or pieces in **your pan** of liquor, so that you make the liquor strong, then boyl **your Quinces** prepared to pickle, (...) then strain out **your liquor** with **your hair-sieve**, or strainer, (...) and put up **your Quinces** whole in **your Vessel** or Pot, (*The Whole Body of Cookery*)

The 3<sup>rd</sup> person possessive pronouns usually appear with references to patient's body parts, in case of the medical recipes, and to parts of foodstuffs, in case of the culinary material (see examples (13a-b)). Additionally, in the medical corpus one may find also references to ingredients or medicaments, or body parts of animals used in the preparation of a medicament (13c). In the Early Modern English recipe headings, there are also references to medical authorities, as in (13d). Similar phenomenon occurs in the culinary collections, however, instead of possessive pronouns, only genitival forms are used, see (13e).

(13a)

(...) lete þe seke hold **hys mowth** ouer the posnett and lete the eyr in-to **hys mowth and the throte**  
 (...) (MEMT, John of Burgundy, *Practica Phisicalia*)

(...) and do a droppe in **thy eye** and it shall clense it and sharpe the syght. (EMEMT, *Treasure of pore men*)

(13b)

(...) and lete **hys** [= snipe's] **heuede** be on, and putt it in the schuldre, and folde vppe **his legges** as a crane, & cutt **his wynges** and roste hym, & reyse **hys legges and wynges** as an henne; (Douce MS)

(...) flea the twelve small Carps, cut off **their Heads** and take out **their Tongues** (*The Compleat Cook*)

(13c)

(...) take **þi rosen & thi wax** & resolue wele in a clene dowble vessell (MEMT, *Liber de Diversis Medicinis*)

To make this whyte **salve** sayd Rasis, and **called her** vnguentu~ albu~ conferatu~ (EMEMT, *Antidotharius*)

(...) tak a **coke** that es twelmoneth alde, and (...) fynde in **his mawe** white stanes (MEMT, *Recipes 1*)

TAKE a fatte **Gose**, and take out **her bowels** (EMEMT, Thomas Gale, *Antidotarie*)

(...) then kill a **Jay**, (...) fill **his body** full of Cummin (EMEMT, Owen Wood, *Alphabetical Book*)

(13d) medical recipes:

To make **Dr. Stephens his Famous Water** (EMEMT, Hannah Woolley, *Compleat servant-maid*)

(13e) culinary recipes:

Master **Rudstones** Posset (*The Compleat Cook*)

To make **Mrs. Leeds** Cheese Cakes (*The Compleat Cook*)

### 3.5 Object omission

This text-type feature has been dealt with by, among others, Massam-Roberge (1989), Culy (1996) or Alonso-Ameida (2009). These studies, however, concentrated on the use of null objects in a single type of the recipe, i.e. either culinary or medical. Recently, Bator and Sylwanowicz (forthc.) have offered a comparative study of object omission in the two types of recipes produced in Middle English. In what follows, a brief summary of their findings will be offered. Next, the results obtained from the examination of Early Modern English recipes will be presented.

The number of null objects found in the two types of recipes at different periods in their development has been summarised in Table 5 below. The data show a considerable difference in the use of null objects not only between the medical and culinary recipes but also within the culinary corpus between the Middle and Early Modern English periods. In the medical material, object deletion is marginally represented and with time its use seems to be incidental (RNF: 0.5 in Early Modern English recipes). As regards the culinary collections, the process of object omission is much more common in the medieval recipes, being almost ten times more frequent than in the medical material (RNF: 14.2 vs. 1.5, respectively). Although in the later collections there is a significant decrease in the use of null objects in the culinary recipes, the phenomenon is still much more common than in the medical database. These findings contradict the earlier available studies, which suggested that null object was not frequent in the early recipes (Culy 1996).



Table 5. The number of null objects found in the analysed material (relative frequencies normalised to 1,000 words).

	medical	culinary
ME	1.5	14.2
EModE	0.5	1.8

Looking at the context in which null objects are used, we may distinguish the following combinations:

- (i) V + NP + and/then/comma + V +  $\emptyset$  (see examples (14a-b))
- (ii) V + Pronoun + and/then/comma + V +  $\emptyset$  (see examples (15a-b))
- (iii) V +  $\emptyset$  + and + V + Pronoun (see examples (16a-b))
- (iv) V +  $\emptyset$  + and + V + NP (see examples (17a-b))

(14a)

Pan take **þi rosen & thi wax & resolue  $\emptyset$**  wele in a clene dowble vessell ouer þe fire

(MEMT, *Liber de Diversis Medicinis*)

(...) take **the sayd powdre with bay salt/ and lay  $\emptyset$**  on y~ place/ (EMEMT, *Grete herball*)

(14b)

(...) **take Eyroun, þe whyte & þe 3olkys, & cast  $\emptyset$**  þorw a straynoure, & put hem in-to the broþe,

(*Bake Metis*)

(...) **take a lyttle vergis and butter and put  $\emptyset$**  to them (*A Proper Newe Booke of Cokerye*)

(15a)

(...) take coliadre (...) & then take **it** owt & dry  $\emptyset$  in þe son (...) (MEMT, *Leechbook 1*)

Dissolve filings of Steel in Oyl of Vitriol one part, mixed with Water two parts: filter **it** hot and crystalize  $\emptyset$ : excsiccate the Ctrystals, (...) (EMEMT, William Salmon, *Phylaxa medicinae*)

(15b)

Take creme or mylke, & brede of paynemayn, (...) and **put it** in-to a fayre potte, **an sette it** on þe fyre, **an stere  $\emptyset$**  euermore; (*Potage Diverse*)

Take thirty Ale pints of new milke, and **set it** on the fire (...), stirring it oft to **keep it** from creaming, **then put  $\emptyset$  in forth**, into thirty Pans of Earth (*The Compleat Cook*)

(16a)

Tak Brent lede litarge and þan mastic aloes (...) and **stamp  $\emptyset$**  and meng **hem** wþ oleum rosaceum (...)

(MEMT, Cophon, *Experimentes*)

Rec. Mellis, one pounce. Aceti optimi, sixe vneces. (...). **Boyle  $\emptyset$**  and styrr **them** (...) (EMEMT, Thomas Gale, *Antidotarie*)

(16b)

Take Venyson or Bef, & leche chargeaunt y-now; **take o & skeme it** clene. (*Leche Viaundez*)**TRusse o and parboyle them** very white; (*A Nevv Book of Cookerie*)

(17a)

Take **o and sepe** verueyn and betany and wormod; (MEMT, *Medical works*)(...) then **take o and put** the liquor into ye glasse or vessell; (EMEMT, John Partridge, *Widdowes treasure*)

(17b)

**Take o and pike faire musculus**, (...) (*A Boke of Kokery*)**Scalde o, wash o, and draw a fayre large Carpe**; (*A Nevv Book of Cookerie*)

In general, it seems that the use of null objects in the early recipes depended much on how precise a given instruction was supposed to be. Thus, in medical recipes object deletion is rare, especially in the combinations specifying the ingredients to be used. This, obviously is due to the fact that any mistake in the preparation of the medicament might have had harmful consequences for the patient.

In the early culinary material, aimed at professional cooks, precision was not as important as in case of medical instructions. The chefs knew the procedures and treated recipes purely as memory aids. This changed in the Early Modern English period: together with the shift in the intended audience (from professional to amateur cook), the recipes had to become more precise, thus omitting the object became sporadic. Those instances of object deletion which occur in the analysed recipes are simple, usually coordinated, phrases in which the null object refers to a noun or phrase which is in close proximity, in order to avoid misunderstandings.

### 3.6 Temporal sequence and lack of complex sentences

As indicated earlier (section 3.3), recipes have to be clear and communicative. This can be achieved by, for instance “chronological sequencing” of information, i.e. “lists of ingredients and actions follow the temporal sequence of the phases” in preparing a product (Taavitsainen 2001a: 98). In the examined recipes, apart from structural ordering of particular stages of the recipe, i.e. ingredients > preparation > application or serving, etc., the authors make use of temporal adverbs such as, *after(wards)*, *first*, *when*, *then*, *next*, *before*, etc. This organisation of the text is present in the culinary and medical recipes written in both medieval and later centuries, see examples (18a-b). Additionally, in the Early Modern English collections there are examples which make use of the perfective aspect, such as *when you have (so) done*, *after you have put them, this done*, etc., see (19a-b).

(18a)

A Salve for all soorys. **ffyrst** take ij sawserfull of honye and iij full of swynys grece (...) **Then** take a fayre scowryd bason and put ye lycowre yerin (...) **Then** take a sponfull of vertgrece and tempyr it (...). **And whan** it is moltyn then streyne it thorow a clothe and put yn to a potell of whyte wyn and boyle them all togedyr. (MEMT, *Wyse Book of Maystyr Peers of Salerne*)

**First** digest the matter with Oxymell simplex, or with the decoction of Senna Epithimum, and Harts tongue, **after that** use some Oxymell Diureticum, **then** purge with Diasena Diaboraginis sharpened with Lapis Lazuli, and **sometimes** purge with Hierarufy, and thus by little and little proceed (...). (EMEMT, Owen Wood, *Alphabetical Book*)

(18b)

FOR TO MAKE HONY DOUSE, tak god mylk of almandys & rys, & wasch hem wel in a feyre vessel & in fayre hot water. & **after** do hem in a feyre towayl for to drie, & **wan** þat þey be drye bray hem wel in a mortar al to flowre; & **after** bet hem togodere. & **afterward** tak two pertyis & (...) & **after** dresse yt in two dischis; (...) & **after** frie hem (...) (*Diversa Servisa*)

**Ffyrst** you must pare them as fyne as you can & make a round hole in the topp of them & the ingrediene remayne in them styll and **then** put your finger in and lett nothing out but the lycor and the cornells and **when you have thus done** you must laye them in cold water the space of six or eight howers (*The Commonplace Book*)

(19a)

(...) **when you have done** thus, then annoint the places with this oyntment following. (EMEMT, Richard Hawes, *Poore-mans plaster box*)

(...) **that being done**, heale it with some skinning salue, as you shall find in the booke. (EMEMT, Richard Hawes, *Poore-mans plaster box*)

(...) and **having drunke** all this Dyet drinke, purge you with those Pills(...) (EMEMT, Salvator Winter, *Pretious treasury*)

(19b)

(...) **after the Carp hath boyled** a while put in the Head, (*The Compleat Cook*)

(...) and mingle them well together in a bason **having so done**, put to it halfe an ounce of composition (*The Compleat Cook*)

(...) and so frye them in sweet Butter, **and that doone**, put the Leshes into your tungs in faire leshes (*A Book of Cookrye*)

**All this being done**, you shall take a pound or two of very sweet seam, (*The English Housewife*)

As seen in the examples above, the recipes lack any complex sentences. The particular steps of the procedure are expressed with short clauses, joined with conjunctions or adverbs. Following Carroll (2003), short paratactical sentences are typical of both types of recipes (see also Taavitsainen 2001a), see examples under (20a-b).

(20a)

Take a potell of olde grece or olde buttyr. Brymston ashes of argellye an=a= dr. j, of brent alome dr. iiij. Boyle all [\f. 12v\] these to gedyr wyth j dr. vertegrece. (MEMT, *Wyse book of Maystyr Peers of Salerne*)

Take the Skull of a Man or Woman, wash it clean, then dry it in your Oven, after your Bread is drawn, (...) then let the Party drink thereof Morning and Evening, or as oft as need requireth; it is an approv'd Remedy. (EMEMT, Hannah Woolley, *Supplement to the compleat servant maid*)

(20b)

Tak þe issu of þe swan & wasch it wel, & scoure þe guttes wel with salt, & seth þe issu al togedere til it be ynow. & þan tak it vp and wasch it wel & hew it smal, & tak bred (...) & grynde togedere & tempere it with þe broth, & coloure it with þe blood. (*Utilis Coquinario*)

TAke halfe a pownde of white Suger, put therto .iiii. ounces of Rosewater, seethe them vpon a softe fier of Coales, (...), then put therin a quarter of an ounce of the powder of Pearles, stirre them well together, put for euery spoonfull a peece of a leafe of Golde cut of purpose: caste them vpon a leafe of white Paper, (...) (*The Treasurie of Commodious Conceits*)

### 3.7 Lack of quantifications

A number of studies point out that early recipes are very imprecise in terms of indicating the quantity of ingredients (see for instance Hieatt and Butler 1985, Getz 1991, Görlach 1992, Carroll 1999, 2009, Cruz-Cabanillas 2017a). This, however, seems to be a simplified statement. First, the medical instructions are much more precise than the culinary ones. Next, even though the statement holds true for a great number of the available culinary collections, there are collections, such as the one in MS Harley 2378<sup>9</sup>, which are very specific with reference to measure terms (see Bator 2017b).

The metric terminology recorded in the examined material has been divided into three major categories: specific, non-specific, and container-related terms (see Bator and Sylwanowicz 2017b: 36). The first includes measures based on Troy and Apothecaries' weight systems, e.g. *pound*, *ounce*, *scruple*, etc. The remaining two groups are characterised by less precise references to values or quantities: non-specific terms, e.g., *enough*, *(a) few*, *plenty*; and container-related terms, e.g., *handful*, *potful*, *spoonful*, *a pot of*, *a dish of*, etc. Table 6 below shows the number of occurrences of these groups of terms in the two types of recipes from the Middle and Early Modern English periods.

Table 6. The number of occurrences of measure terms in the analysed corpus (relative frequencies normalised to 1,000 words).

	medical	culinary
<b>ME</b>		
specific	11.8	0.7
non-specific	2.8	7
container-related	0.5	0.28
<b>EModE</b>		
specific	11.1	6.0
non-specific	1.2	14.3
container-related	2.6	3.2

The Table shows clear cut differences between the medical and culinary recipes. In the former specific measures dominate, the other two categories being in minority. Moreover, there is no significant

9 It is a collection of 36 culinary recipes available from the British Library Digitised Manuscripts Archive.

difference in their frequency between the medieval and later instructions (RNF: 11.8 vs. 11.1 respectively). As regards, the less explicit references to quantities we might observe a sort of reshuffling in the use of these terms. In the Early Modern English recipes there is a decrease in the use of non-specific terms (almost by half), and a marked tendency to use container-related measures. This shift is not surprising, since container-related terms, as in: *a good handful of Spermit, and a handful of Wormewod* (EMEMT, John Partridge, *Treasurie of commodious conceits*) seem more precise than such examples as: *water of roses as moche as suffyzeþ* (MEMT, Antidotarium Nicholai) or *a little of the fyne powder of Sallow* (EMEMT, John Partridge, *Treasurie of commodious conceits*). And medical recipes have to rely on precision in giving weights of ingredients used in the preparation of products whose primary aim is to heal and not harm. Hence a noticeable avoidance of the imprecise measurement specifications.

In the culinary material there is a general tendency to use more references to measures (of any kind) in the later period. However, the character of the recipes does not change with time—the authors prefer to use non-specific terms, leaving a certain degree of freedom to the cook. It is the chef whose taste is to decide how much of particular ingredients to use, rather than follow the instructions blindly, see examples under (21); or to add proportionate amounts of the particular ingredients, as in (22).

(21)

And if þou seest that hit hath to litull of the vinegre, or salt, or saffron, caste thereto more, **after thi discrecion.** (*Boke of Kokery*)

(...) season it with Rose-water, juyce of Lemons and double refined Sugar, **each according to your Taste,** (*The Compleat Cook*)

Take good Ale a pottel, or **after the quantities more or lesse by your discretion,** (*A Book of Cookrye*)

(22)

(...) let them boyle over the fire in a brasse pot with two Gallons of water or more **acording to the proportion of your Veale,** (*The Compleat Cook*)

#### 4. Conclusions

The present paper was to summarise the major results of the project, whose aim was to compare two types of recipes (medical and culinary) in the Middle and Early Modern English periods. On the surface these two are similar to each other, however, a closer look at the particular typological features shows some discrepancies between the culinary and medical material. The major differences are:

- (i) in the form of the heading:
  - in the medical recipes of the Middle English period the statement of purpose prevails, whilst in the culinary ones the title is the more frequent type of heading;
  - in the Early Modern English period there is no significant change concerning the heading to medical recipes; whereas in case of the culinary recipes a shift can be observed from titles to statement of purpose;
- (ii) in the use of ellipsis in the recipes:

- the medical recipes use ellipsis mostly in the recipe headings, in the culinary instructions it is more frequent in the body of the recipes;
- (iii) in the form of verbs:
    - in culinary corpus verbal structures are more numerous than in the medical material (frequency per 1,000), which shows that the clauses in the culinary recipes are shorter;
    - in both recipe types imperatives dominate, but in the culinary instructions other structures are more frequent than in the medical corpus;
  - (iv) in the use of possessive pronouns:
    - possessive pronouns are more frequent in the culinary material, especially the 2<sup>nd</sup> person pronoun, which indicates, among other things, a more intimate attitude of their author towards the reader;
  - (v) in the object omission:
    - the use of null objects is much more frequent in the culinary material, especially of the medieval period, which emphasizes the importance of precision in the medical material;
  - (vi) in the use of quantifications:
    - culinary recipes are less precise, choosing non-specific terms over the specific ones;
    - with time more metric terms are used throughout the culinary material, however, still they are non-specific measure terms.

The only analysed aspect which does not reveal any differences between the culinary and medical material is the temporal sequence and lack of complex sentences in both types of instructions. This is in conformity with the communicative goals of both types of recipes, i.e., to give clear and easy instructions which are to be followed. And this can be achieved by chronological accuracy in providing information, and the use of short sentences.

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## Appendix

The list of the culinary collections used for the present research.

14TH CENTURY:	NO OF RECIPES:	EDITION:
Diversa Cibaria	63	Hieatt, C.B., Sh.Butler (eds.) 1985.
Diversa Servisa	92	Hieatt, C.B., Sh.Butler (eds.) 1985.
Forme of Cury	205	Hieatt, C.B., Sh.Butler (eds.) 1985.
Gathering of ME recipes (14th c.)	7	Hieatt, C.B. 2008.
Utilis Coquinario	37	Hieatt, C.B., Sh.Butler (eds.) 1985.
Goud Kokery (14th c.)	18	Hieatt, C.B., Sh.Butler (eds.) 1985.

15TH CENTURY:	NO OF RECIPES:	EDITION:
variants of Douce 55 & Add 5467	8	Hieatt, C.B. 2004.
Harley MS 5401	96	Hieatt, C.B. 1996.
Potage Dyvers (Harleian MS 279)	153	Austin, T. (ed.) 2000.
Leche Vyaundez (Harleian MS 279)	64	Austin, T. (ed.) 2000.
Bake Metis (Harleian MS 279)	41	Austin, T. (ed.) 2000.
Boke of Kokery (Harleian 4016)	182	Austin, T. (ed.) 2000.
Ashmole MS 1439	19	Austin, T. (ed.) 2000.
Laud MS 553	25	Austin, T. (ed.) 2000.
Douce MS 55	12	Austin, T. (ed.) 2000.
Gathering of ME recipes (15th c.)	350	Hieatt, C.B. 2008.
Goud Kokery (15th c.)	7	Hieatt, C.B., Sh.Butler (eds.) 1985.
16TH CENTURY:	NO OF RECIPES:	EDITION:
A proper newe booke of cokerye	49	Nomeaton. 1557.
The commonplace booke of Countess Katherine Seymour Hertford	34	University of Pennsylvania. 1567.
The tresurie of commodious conceits	32	Partridge. 1573.
A booke of cookrye	171	A.W. 1591.
17TH CENTURY:	NO OF RECIPES:	EDITION:
A new booke of cookerie	122	John Murrell. 1615.
The Compleat Cook	163	E.B. for Nath. Brook. 1658.
The whole body of cookery dissected	578	London. 1682.
The English housewife	138	G. Markham. London. 1683.